



HOW TO CARE FOR YOUR SKYHILL GRIPS



WHEN AND HOW TO USE SKYHILL GRIPS

Our Coach Rafael Killiper always says;

"Strength is essential for the safety of CrossFit® athletes. In order to get strong, it is first important to train without the grips."

"Grips are Improving endurance, the sensibility and the skill of movement. You are developing a powerful grip that is preventing injuries as well as preventing you from falling off of the bar"



KNOW MORE ABOUT SKYHILL'S HISTORY

With more than 30 years of history, Skyhill works in the development of sports protection equipment; with a team that is committed and passionate about what they do.

CEO and Mechanical Manager, Flavio Maurano, with experience in sports equipment is always searching to fulfill the needs of the athletes while looking for inspiration to create new products. He has developed the Hand Grips Skyhill line by putting together the professional opinion of coaches and enthusiasts. Flavio has the approval of Rafa Killper who is the international authority in CrossFit® Gymnastics.



KNOW A LITTLE MORE ABOUT OUR GRIP'S TECHNOLOGY

Made by an exclusive vinyl canvas, reinforced by a weft of polyester yarn, creating a super strong material and very grippy. This main feature becomes known as “**the grip that sticks to the bar**”. The angled Ribbons associated to the super soft neoprene allows a better distribution of the force and greater protection in the course of usage. Consequently creating a outstanding performance.



THE SKYHILL GRIP

Know every detail that makes this grip so special.

Super safe, sticky distinct canvas.

Steady stitches that support your weight all over.

High quality material that allows its intense use for a longer time.

Modern and anatomical design.

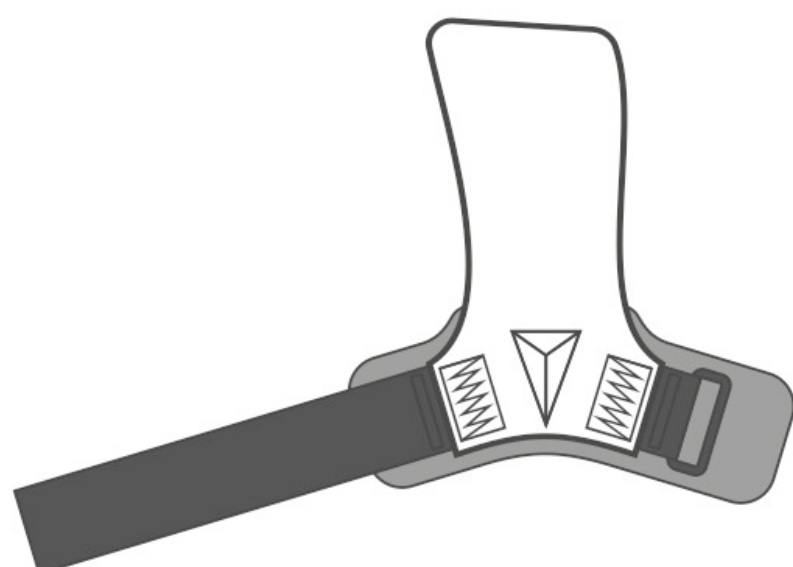
Super soft Neoprene.



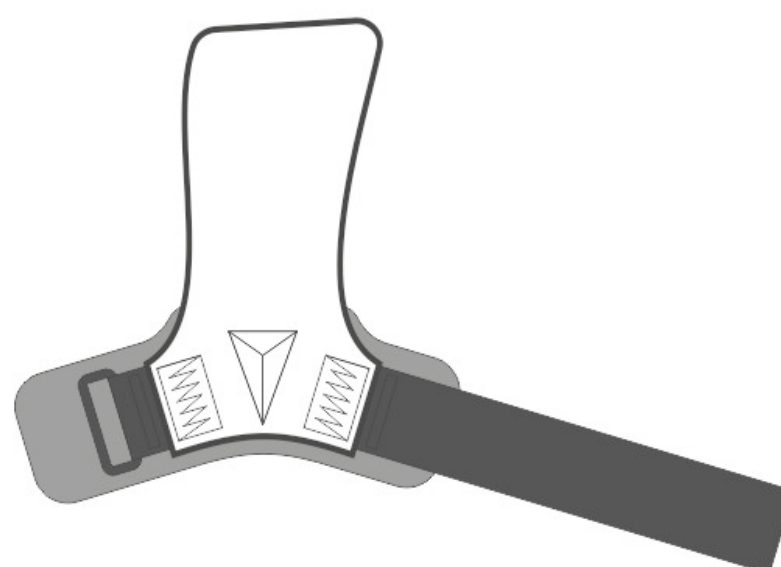
THE BEST WAY TO WEAR THE GRIPS

Recommended for Chest to Bar, Toes to Bar, Bar Muscle Up, Ring Muscle Up, Butterfly Pull Up, Kipping Pull Up, Glide Kip, Deadlift, Kettlebell and more.

Pay attention in the correct side for each hand from the internal etiquette or in the image bellow.



LEFT
HAND



RIGHT
HAND

FOLLOW THE INSTRUCTIONS BELOW

Insert the tip of the velcro strip through the buckle before positioning the hand inside of the grip.

The correct tension is the one that allows the generated force to be driven to the fist.



FOLLOW THE INSTRUCTIONS BELOW

The central sewing is the reference of the grips contact point on the bar. The canvas should involve its perimeter and be “left” to the other side, allowing the protection of the fingers.

The grip generated allows the transfer of weight and provides safety and comfort. **The palm of the hands SHOULD NOT be in contact with the bar** this way the forces are distributed between the fingers and the wrist.

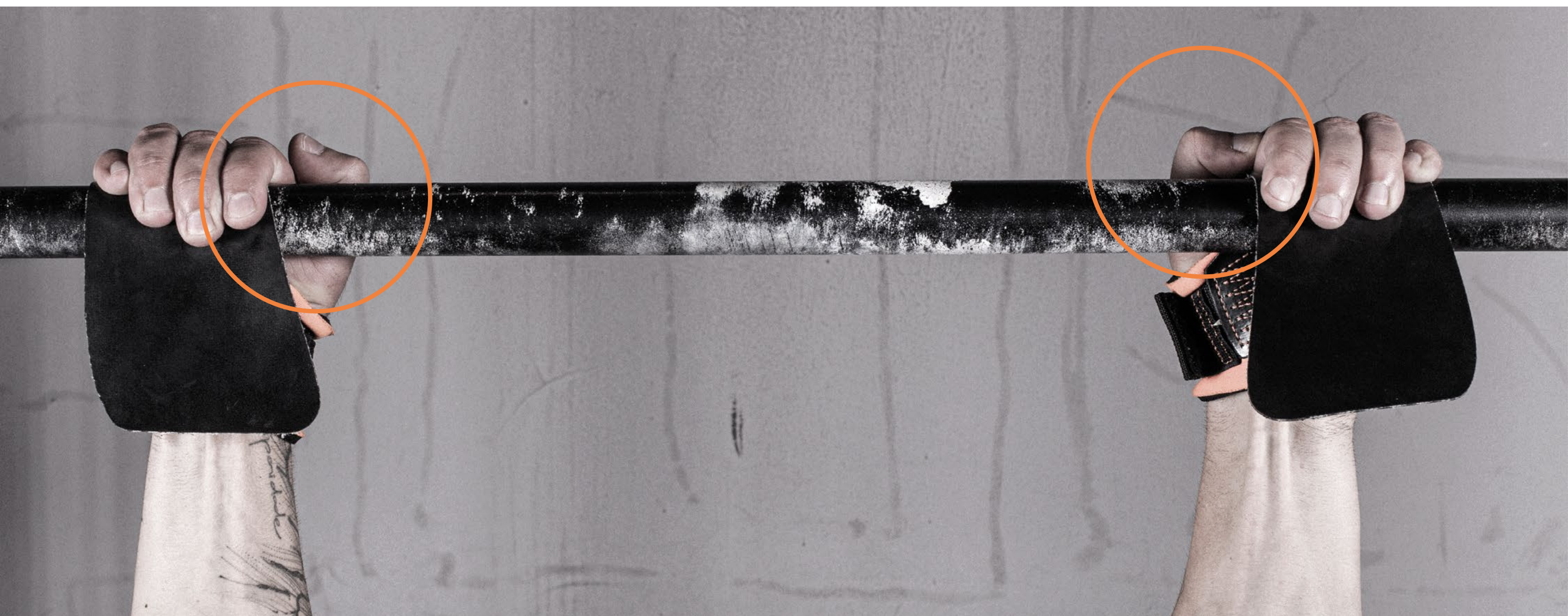


SAFE INSTRUCTIONS TO PREVENT FALLS AND INJURIES

For the safe use of the grip, **DO NOT use the thumb in opposition to the other fingers when hanging from the bar.**

The main reason is because this “opposition” causes the hand to be trapped and DOES NOT allow a natural movement during the exercise.

The incorrect positioning of the thumb is directly related to fall and injuries.



LEARN HOW TO USE CHALK AND OTHER TOOLS TO PREVENT SWEAT

The use of chalk is intended to inhibit sweating and it should be applied **directly to the skin and NOT to the grip.**



HOW TO WASH YOUR GRIPS

- Remove excessive chalk and sweat;
- Wash manually using neutral instead of mild;
- Remove excessive water by pressing against a dry towel;
- Let it dry naturally in the shade;
- For greater longevity DO NOT use washer machine or dryer;
- Store in a air dry.

**DO NOT use chemicals in any case.*



**CHECK THIS VIDEO
FOR MORE TIPS ABOUT
THE SKYHILL GRIPS!**



<https://www.youtube.com/watch?v=5jce60xH3jQ>



NEED HELP?

Visit our website and contact us at
www.skyhillusa.com

